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A method is proposed for exching a first silicon layer (15) that is provided with an etching mask (10) for defining lateral recesses (21). In a first plasma etching process, trenches (21% are produced in the region of the lateral recesses (21/ by anisotropic etching. The first etching process comes virtually to a standstill as soon as a separating layer (12, 14, 14', 16), buried between the first silicox layer (15) and a further silicon layer (17), is reached. This separating layer is thereupon etched through in exposed regions (23, 23') by a second etching process. A subsequent third etching process then etches the further silicon layer (17, 17'). In this manner, free-standing structures for sensor elements can be produc#d in a simple process which is completely technoløgy.

Figur# 6

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